

DINNERLY



Barbecue-Glazed Pork Meatloaves with Sweet Potato Smash



30 minutes



2 Servings

There's nothing better than tucking into a classic meatloaf for a trip down memory lane. Serve up slices with smashed sweet potato and a fresh salad for hearty, feel-good flavours.

WHAT WE SEND

- 2 sweet potatoes
- pork mince
- 40g panko breadcrumbs¹
- 10g smoky barbecue seasoning¹⁷
- 150g peas
- 50g mixed salad leaves

WHAT YOU NEED

- 1 egg³
- 1 tbs olive oil
- 2 tbs barbecue sauce
- 20g butter⁷
- 1 tsp red or white wine vinegar¹⁷

TOOLS

- oven tray
- baking paper
- small saucepan
- medium saucepan
- potato masher

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Milk (7), Sulphites (17).
May contain traces of other allergens.

NUTRITION PER SERVING

Energy 765kcal, Fat 36.5g, Carbs 60.8g,
Proteins 43.6g



1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Peel the **sweet potatoes** and cut into 2cm chunks. Put the **pork mince**, **breadcrumbs**, **smoky barbecue seasoning** and **1 egg** in a large bowl and season with **salt and pepper**. Using damp hands, combine well, then shape into 2 logs and put on the lined tray.



2. Bake meatloaves

Brush the meatloaves with **2 tsp olive oil** and bake for 15 mins. Brush with **1 tbs barbecue sauce** and bake for a further 5 mins or until cooked through.



3. Make sweet potato smash

Meanwhile, put the **sweet potato** in a medium saucepan of cold water and bring to the boil. Reduce the heat to medium and cook for 8-10 mins until tender. Drain, return to the pan and coarsely mash. Add **20g butter**, season with **salt and pepper** and stir until combined.



4. Boil peas

Bring a small saucepan of water to the boil (see Make it faster). Cook the **peas** for 2 mins or until tender. Drain.



5. Serve up

Combine **2 tsp olive oil** and **1 tsp red wine vinegar** in a large bowl and season with **salt and pepper**. Add the **salad leaves** and toss to coat. Divide the **meatloaves**, **sweet potato smash**, **peas** and **salad** among plates. Serve with the **remaining barbecue sauce** and enjoy!



6. Make it faster

To speed things up, cook the peas with the sweet potato, adding them for the last 2 minutes of cook time, then mash both veggies together.